

1

Canned Fruits

in light syrup or its own juices

2

Canned Vegetables

low sodium, no salt added

3

Multigrain Cerealcheerios, cornflakes, grapenuts,
raisin bran

4

Grainsbrown & white rice, oatmeal, bulgur,
quinoa, couscous, macaroni & cheese

5

Canned Proteinstuna, salmon, chicken, peanut butter,
beans

6

Soupsbeef stew, chili, chicken noodle,
turkey & rice

7

100% Juice

all sizes, including juice boxes

8

Condimentstomato based sauces, light soy sauce,
ketchup, mustard, salad dressing, oils

9

Snacksindividually packed snacks, crackers,
trail mix, dried fruit, granola/cereal
bars, pretzels, sandwich crackers

10

Baking Goodsflour, sugar, baking powder,
baking soda, spices, boxed mixes

11

Hygiene Itemsdiapers, deodorants for men & women,
feminine products, toilet paper, tissues,
soap, toothpaste, shampoo

12

**Paper Products &
Household Items**paper towels, napkins,
cleaning supplies